

LivingWell

Brown Embraces Fitness
page 4

**New Service Meets
Rural Nebraskans'
Nutritional Needs**
page 15

**Celebrate Older
Americans Month**
page 32

**Designing Costumes
for Pinewood Bowl** page 23





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76	136.45	156.85
77	138.86	159.52
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Director's Corner


I'm a native Nebraskan, growing up in the southwestern part of the state. I've had delightful opportunities to visit other places, even other countries, and I always return grateful to be here. However, this long, very cold winter made me understand why many chose to spend winter months in warmer climes.

When my family moved to Lincoln in 1978, I met Rosemary Rhodes and her late husband Roger. That connection came through what is now called the Lux Art Center in University Place. My late husband was instrumental in helping Gladys Lux purchase the old University Place City Hall, which now houses

the Lux. Rosemary and Roger were deeply involved as volunteers and as contractors making that old building come alive again, serving the entire Lincoln community and art lovers everywhere. Rosemary's contribution to the community extended across the city, and I'm delighted to have her on the cover of this issue.

Spring brings out good things at Aging Partners as we celebrate Older Americans Month in May. Research has been very clear that brain health and exercise are partners in keeping us active and sharp. We are encouraging our physical health with our second annual Age Strong! Live Long! Walk-On! Friday, May 16 on the Union

College campus. This issue of the magazine is filled with details about what's happening at Aging Partners this spring and how you can take part.

Come join us in these fun events as we all celebrate the return of spring in Nebraska. 



June Pederson, Aging Partners Director



Table of Contents

Planning Ahead

- 12 Passages Encourages End-of-Life Communication Among Families
- 38 Important Social Security Change

Being Well

- 4 Brown Embraces Fitness
- 10 Caregiver Corner:**
Music Therapy Improves Quality of Life
- 16 Eat To Your Health:**
Trans Fats and Your Health
- 17 National Iced Tea Day Is June 10
Farmers Market Coupons
- 18 Going Green
- 34 Protect Your Teeth

Staying Involved

- 5 New Parking Lot Honors Steyer's Memory
- 6 Museum Preserves Germans from Russia Cultural Heritage
- 8 Luxford Leaves Lasting Legacy in Retirement
- 9 Schmiedling Foundation Donates on Behalf of Former Senior Center Participant

- 23 Designing Costumes for Pinewood Bowl
- 26 A Tribute to Don Gill
- 27 Hansen Becomes First Female Nebraska State Poet
- 32 Celebrate Older American's Month
Aging Partners' Older Americans Month Activities
- 38 COAHP Sponsors 2nd Annual Fun Drive for Aging Partners

Living at Home

- 14 Benefits Checkup and Screening Clinics Educate, Dispel Myths
- 15 New Service Meets Rural Nebraskans' Nutritional Needs
- 28 Lifeline Goes Wireless
- 30 Home Handyman Corner:**
Home Handyman Celebrates 42 Years of Service

19 Annual Report

36 Aging Partners Services

39 Aging Partners News and Events

On The Cover:

Rosemary Rhodes enjoys keeping up with Pinewood Bowl activities from the comfort of her home. Photo by Zoe Olson.

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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 N Street, Ste. 120, Lincoln, NE 68508

Brown Embraces Fitness

In his 75 years, Mel Brown never once considered exercising. As an accountant, he spent most of his days sitting behind a desk. Blind to how weak he was becoming, he saw nothing wrong with his sedentary lifestyle.

“When I retired, I didn’t have much to do,” he said. “I got to the point where I wasn’t doing anything but lying around and eating.”

A routine doctor’s visit finally provided the wake-up call he needed.

“My doctor told me I had developed Type 2 diabetes,” Brown said. “He said now is the time to start exercising and losing weight. So that’s what I did.”

From that moment, he began developing a healthier lifestyle that he maintains today, nearly nine years later.

Brown’s conversion from couch potato to exercise advocate was challenging.

“The first time I exercised, I tried walking,” he said. “I only made it around the block before I had to come inside and rest.”

Determined, Brown increased his walking radius and began attending the Aging Partners Health & Fitness Center. Simultaneously, he modified his eating habits. Without being asked, he wrote down everything he ate, including the amount of calories, protein and carbohydrates in each meal.

Six months later, he was 30 pounds lighter.

“My dietitian said she had never seen anyone do that before,” Brown said. “My doctor practically implied that I was a poster child of what people can do if they put their mind to it. That’s not to say I don’t have a few things to work on, but I’m sure I’d be a lot worse if I hadn’t started taking care of myself.”

Nowadays, he visits the health and fitness center about three times a week. He begins his routine by walking about 3 mph on a treadmill for seven or eight minutes to increase his blood circulation. Next, he visits the weight room, where he uses the machines for about 30 minutes, focusing mostly on the upper body. He concludes his workout with a 10-minute stretching exercise set that aims to loosen his lower back and hip joints.

On the days he can’t make it into the fitness center, Brown walks at least 1 mile around his neighborhood.

Reflecting on his lifestyle change, he wouldn’t alter a thing.

“Exercise has made me feel stronger and given me better balance,” Brown said. “It’s also helped me control




Mel Brown lifts weights at the Aging Partners Health & Fitness Center.

my diabetes. Since I’ve been diagnosed, I haven’t needed medicine because I exercise and eat healthy.”

The most unexpected benefit received from his lifestyle change was the ability to be a better caregiver.

Shortly after developing an exercise habit, he became a caregiver for his wife, Isabelle. Brown admits he wouldn’t have been able to care for her as effectively if he hadn’t incorporated strength-building exercise into his life. Exercise gives him the energy he needs to provide for her.

“It’s important for caregivers to take care of themselves because if they develop problems, then you’ve got two patients instead of one,” he said. “I use exercise as a way to get out of the house and do something for me. The more I take care of myself, the more I can take care of her.” 

New Parking Lot Honors Steyer's Memory

Every spring since 1987, Al Steyer climbed aboard his Allis-Chalmers tractor, departed his home near 70th and Custer Streets and rumbled toward the Northeast Senior Center on Platte Avenue to level its gravel parking lot. He slowly, methodically erased the damaging effects of winter snowfall and early spring rain. He was never asked to do this; he simply did it out of the kindness of his heart.

Steyer died Jan. 19, 2013, at age 97, but his legacy lives on through his \$140,000 donation to the center, which was used, in part, to pave an 18-space concrete parking lot.

The paving began Nov. 1 and was completed by late November.

Once the cement was cured enough to allow parking, Mayor Chris Beutler and Aging Partners hosted a Dec. 19 formal ribbon-cutting ceremony at the senior center in Steyer's honor. Family and friends attended the ceremony, which concluded with his sister-in-law, Dee, doing the honors. Afterward, family members honored his memory by being the first to park in the new lot. The local polka band Blue River Czechs performed at the event, paying tribute to his love of the accordion.

Had Steyer been part of the ceremony, Dee said he likely would have been walking around proudly with his hands behind his back and saying, "Oh my."

He and his wife, Leverne, began attending the senior center shortly after he retired from the coal construction industry at age 70. Before long, he began pitching in wherever help was needed. Dee said he would do everything from empty the trash to nail pictures to the wall.

"He loved people," she said.

"He was the kindest, gentlest, most



Dee Steyer cuts the ribbon at the official ceremony debuting the Northeast Senior Center's new parking lot, which was made possible by a generous donation from her brother-in-law and former senior center participant Al Steyer.



Al Steyer's family members honor his memory by being the first to park in the Northeast Senior Center's new parking lot.



The Blue River Czechs perform at the ribbon cutting ceremony in honor of Al Steyer's love of accordion music.

considerate person. I can't think of enough adjectives to describe him."

Northeast Senior Center Manager Dave Chapelle remembered how Steyer always sat next to the coffee pot to fill peoples' mugs. He feels honored to have known him.


"He will be remembered as a friend to everyone," Chapelle said.

Former Northeast Senior Center Manager Eldora Carter always loved when Steyer brought his accordion and serenaded everyone. She described him as "special in his own way."



This family photo of Al Steyer playing the accordion sits beneath the podium during the ribbon cutting ceremony as special guests, including Mayor Chris Beutler, shared their memories and appreciation of Steyer.

"He was an extremely vulnerable person," she said. "We loved him dearly."

Aging Partners is grateful for Steyer's donation and greatly misses his presence at the Northeast Senior Center. 

Museum Preserves Germans from Russia Cultural Heritage

In the heart of the South Salt Creek neighborhood across from Cooper Park sits the Germans from Russia Museum. The somewhat-overlooked Lincoln landmark hosts the American Historical Society of Germans from Russia, an international organization dedicated to the discovery, collection, preservation and dissemination of information related to the history, cultural heritage and genealogy of Germanic settlers in the Russian Empire and their descendants.

About 2,000 people visit the museum each year to discover their family's heritage or to gain a new understanding of a culture with deep roots in Lincoln's development.

History of Germans from Russia

German peasants began immigrating to Russia after Catherine the Great, the German princess who married Tzar Peter III of Russia, issued two manifestos in 1763. She promised them paradise: free land and transportation, permission to speak their language and run their schools, freedom of religion, and an exemption from Russian military service.

Establishing dozens of colonies along the banks of Volga River and Black Sea, the Germans thrived in Russia for nearly 100 years. In 1871, however, Catherine's great-grandson Alexander II rescinded the manifestos. Forced to pay taxes, speak a foreign language, alter their schools to Russian protocol and serve in the military, many Germans relocated. Some settled in Canada, Argentina and Paraguay; others saw the promising opportunities in America and chose to relocate there.

Of those who moved to the United States, the majority planted roots in



Bob Wagner, AHSGR president, stands next to the museum's iconic statue of a German Russian immigrant family.

Kansas, Nebraska and the Dakotas because of the booming railroad industry, according to Bob Wagner, president of the American Historical Society of Germans from Russia.

"They chose to move overseas instead of returning to Germany because in Germany they wouldn't have access to free land like they would here," he said.

By 1920, nearly 22,000 of these immigrants called Lincoln home. Most established communities in the South Bottoms, west of Ninth Street, and the North Bottoms, north of the University of Nebraska-Lincoln.

Preserving Their Legacy

As the original Germans-from-Russia immigrants died, the baby boomer generation became hungry to learn their heritage, so they formed the historical society to help one another find family records. The house on the corner of 6th and D streets became the society's headquarters and acted as a research center for members investigating their genealogy.

As membership grew and many offered to donate family artifacts to the

society, members decided to create a Germans from Russia museum next door. Its construction began in 1981 and concluded in 1984.

The museum's main building hosts most of the donated artifacts, which include furniture, books, toys, clothes, musical instruments and kitchenware. Other artifacts are displayed in the museum's summer kitchen, chapel, blacksmith shop, general store and barn. One of the most unique artifacts the museum boasts is an original copy of Catherine the Great's manifesto.

The museum continues to add artifacts, making it the largest collection of material on the former German colonies in Russia in the United States, Wagner said.

To continue its genealogical research efforts, the historical society created a research library in the basement of the main building that is open to society members and the general public. The library has helped connect many Germans from Russia with their family roots.



In the museum's basement, AHSGR Lincoln Quilters members work tirelessly on a quilt. This is one of the oldest volunteer groups that work for the benefit of AHSGR.

Come Learn More

The museum is open Monday through Friday from 9 a.m. to 4 p.m. Tours are available at 2 p.m. April 1 through Oct. 31. Admission is free.

Wagner encourages local older adults to visit the museum whether they have an ancestral connection to Germans from Russia or not.

"People who have a background in Germans from Russia will be amazed at the amount of information we have,"

Wagner said. "People who don't know much about Germans from Russia come here and are equally as amazed. Most visitors I've seen are shocked to learn what a big part they played in the Lincoln community."


American Historical Society of Germans from Russia membership is open to anyone interested in joining. Options include a basic membership for \$35 or a standard membership for \$50, which includes a quarterly journal



The Germans from Russia Museum is open year-round, Monday through Friday from 9 a.m. to 4 p.m.

and newsletter. Research library fees are waived for society members.

For more information on the museum or the historical society, call 402-474-3363.

To watch this Live & Learn episode online, visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/> or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 

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Luxford Leaves Lasting Legacy in Retirement

Known as the heartbeat of 5 CITY-TV, 10 Health and 21 Education Access, Operations Manager Bill Luxford has inspired co-workers and viewers alike with his dedication, initiative and creativity throughout his 16-year tenure at the Citizen Information Center. Although he plans to retire, government and educational access channels will continue to build upon his legacy after his departure.

Since Luxford began his career with the City of Lincoln in 1997, his mission has been to enhance the quality and professionalism of the city's video productions. Through his efforts, additional programming, such as high school and college sports coverage on 21 Educational Access, became available to the public.

He has accomplished much through the years, but his live, statewide coverage of the 25th annual Star City Holiday Parade and 2010 Special Olympics USA National Games arguably are his most memorable moments.

When KOLN-KGIN announced it was unable to provide production crew and equipment for the 2009 Star City Holiday Parade, Luxford stepped up. He and his production team worked tirelessly on the project from start to finish, which resulted in "the finest live TV show the parade had in its 25 years," said Parade Director Deb Johnson.

During the Special Olympics in July 2010, Luxford collaborated with the UNL College of Journalism and Mass Communications to air a live nightly show outside Anderson Hall on Centennial Mall. He helped UNL Broadcasting Professor Jerry Renaud design a class around the project and provided technical advice to students throughout the event. Luxford guided

students as they wrote, videotaped, edited, produced and directed the show.

"I'm not sure I have known anyone in the communications business who worked so hard simply for the good of the audience and with no thought of personal gain or glory," Renaud said in an October 2010 press release.

Luxford's exceptional broadcasting skills earned him numerous awards, including the September 2010 Mayor's

Award of Excellence and Nebraska Wesleyan University Spirit of the Plainsman Award, for which his dedication in increasing NWU athletics television coverage was recognized.

He received his most recent honor—the Rev. Dr. Martin Luther King Jr. Youth Rally and March 2014 Community Contributor Award—during the Call to Action program Jan. 20. For years, he taped and created annual segments promoting the event, which directly increased its



Bill Luxford shares a moment with School Middle School students following their performance honoring his contributions to the community.




From left is Susie and Bill Luxford; grandson, Cayden; and daughter Lyndsey and her husband Jordan Haag.

attendance and awareness. Belmont Elementary School and Schoo Middle School scholars recognized his efforts during their book performances at the event.

Being behind the camera most of his career, Luxford's efforts often went unnoticed by the public. To let the world know his critical role in developing government and educational access channels, Lincoln City Council proclaimed the city's conference room and studio area "the Bill Luxford Studio" Jan. 28.

"This is our opportunity as a city to thank Bill for his dedication and hard work," said City Council Vice-Chair Doug Emery at the studio dedication ceremony. "Bill's professionalism is evident in 5 CITY-TV's production quality. I've seen local public television in other cities, and,

I tell you, it doesn't hold a candle to Lincoln's. Bill and his crew are responsible for that."

Aging Partners expresses our thanks to Bill for his role in producing Live & Learn and many other programs through the years, and we wish him happiness in retirement. 



Susie stands with her husband, Bill Luxford, as he receives the 2014 Community Contributor Award at the 19th annual Rev. Dr. Martin Luther King, Jr. Youth Rally and March.



From left is City Council Member Carl Eskridge, chair; Bill Luxford, former operations manager for 5 CITY-TV, 10 Health and 21 Education Access; Leirion Gaylor Baird; and Doug Emery, city council member, vice-chair.




Susie and her husband, Bill Luxford, operations manager for 5 CITY-TV, 10 Health and 21 Education Access, stand amazed at the sign renaming the 5 CITY-TV studio in his honor.

Schmiedling Foundation Donates on Behalf of Former Senior Center Participant

Aging Partners Lake Street Senior Center impacted Helen Rokeby's life in such a dramatic way that the Schmiedling Foundation, of which her son, Bob, is a board member, was compelled to give back.

The Springdale, Ark., foundation donated \$47,300 to Aging Partners Nov. 14. The money will be used to purchase a small bus for Senior Center Transportation. It will be branded with the foundation's name and phrase, "In honor of Helen Rokeby."

Unfortunately, she died two days before Bob and his wife, Vicki, presented the check to Aging Partners staff at the senior center.

Helen participated and volunteered at the Lake Street Senior Center for about 15 years. The past three years, she rode the Senior Center Transportation bus, which is what inspired the agency to use the money to purchase the new vehicle. 



Lake Street Senior Center Manager Kelle Brandt, left, and Aging Partners Director June Pederson, right, accept the Schmiedling Foundation's \$47,300 donation from Vicki and Bob Rokeby. The donation was made on behalf of former center participant Helen Rokeby, Bob's mom, who died Nov. 12.

Music Therapy Improves Quality of Life

“Simply put, music can heal people.”

The words of Nevada Sen. Harry Reid are proven time and time again by the work of music therapists across the globe.

Contrary to popular belief, music therapy is not listening to songs on a CD or experiencing a live music performance; it's a health profession that uses clinical, evidence-based music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional. These health professionals hold bachelor's degrees in music therapy, have completed 1,000-hour internships and have passed the independently administered Certification Board for Music Therapists' examination.

Music therapists do more than play music to brighten a client's mood. According to the American Music Therapy Association, they assess emotional well-being, physical health, social functioning, communication abilities and cognitive skills through musical responses; design music sessions for individuals and groups based on client needs using music improvisation, receptive music listening, song writing and lyric discussion; and participate in interdisciplinary treatment planning, ongoing evaluation and follow-up.

“Music therapy isn't about producing a certain song or evaluating how good you are at singing; it's about addressing functional concerns,” said Nicole Jacobs, local board-certified musical therapist.

Who Benefits from Music Therapy?

Scientific evidence shows people of all ages with mental health needs, developmental and learning disabilities can benefit from music therapy. Although many music therapists primarily work with youth, more than half of Jacobs' caseload are older adults.

Her typical clientele include hospice patients, older adults with physical disabilities, those in hospitals recovering or preparing for operations, older adults with acute and chronic pain, and people with aging-related conditions such as stroke survivors, Parkinson's patients and those with Alzheimer's disease.

“The only person music therapy would not help — and this is rare — is the person who doesn't like music,” Jacobs said. “I can count on one hand the number of times I've met people like this.”

What Are the Benefits?

She said music therapy offers many benefits.

Cognitively speaking, music therapy helps improve long- and short-term memory and strengthens organization skills.

“I can help someone remember how to make a pot of tea or remember something basic like how to get dressed in the morning by teaching them a song that talks about each step,” Jacobs said.

Psychosocial benefits include elevating mood, decreasing anxiety and agitation, increasing awareness of one's environment and decreasing confusion. Group music therapy provides an opportunity for older

adults in independent or assisted living facilities to interact with their peers and work together cooperatively to play instruments.

“Feeling like you're part of a group is such an important thing to have in life, especially as an older adult,” Jacobs said.

Physically, she helps patients improve balance and physical functioning, decrease their fall risk and reduce pain in general.

“For patients who need to improve their strength for balance purposes, I might have them hold a large drum and rhythmically kick it with their knees,” Jacobs said. “It's true that you can get physical benefits from exercise, but most of the places I've been to don't seem to have great group exercise participation. Music makes the experience more enjoyable and encourages the patient to participate.”

Music therapy also positively impacts speech. Someone with difficulty initiating speech, for example, can improve through certain activities. Through song, aphasia patients can re-learn critical functional phrases such as “I need help” or “I need to use the restroom.” Music therapy also helps Parkinson's patients improve speech volume, rate and articulation.

What Does a Typical Session Look Like?

Jacobs and other music therapists work one-on-one with individuals in their homes, in small groups that include the patient and his or her family, and in large groups with multiple patients.

Each one-on-one or small group session is tailored to the patients'

individual needs. For hospice patients, she often helps them create a life review—creating a therapeutic music video that shows their artwork or meaningful photos set to the music of a live-recorded song sung by the patient and his or her family. Her sessions with dementia patients may focus on something as simple as using music to help them open their eyes or learn to hold a loved one's hand.

Group sessions look much different. Here, interventions are collaborative, and patients vary in functionality. Jacobs typically disperses instruments such as maracas and drums to the group and conducts an exercise called “follow the leader,” during which patients play their instruments with her while she plays guitar. When she stops playing, the patients stop, too. If she plays faster or slower, they match her speed. As the session progresses, patients take turns being the leader.

“It helps them practice different types of attention,” she said.

No matter the session, live music is key.

“You can't slow down or speed up the music on a CD, but you can do this if the music is live,” Jacobs said. “It allows me to adapt to their abilities.”

Is It a Reimbursable Service?

Group sessions held in facilities typically are funded from an activity budget. In some cases, individual and small-group sessions are covered by insurance.

Private insurance covers music therapy on a case-by-case basis. Although core Medicare does not cover music therapy, clients can use their FSAs or HSAs to pay for the service.

Core Medicaid does not cover music therapy, but Medicaid waiver programs often do. Tricare occasionally covers music therapy.

Jacobs anticipates more insurance providers will cover music therapy in the future as the medical industry continues to realize it is not a complementary medicine to traditional therapies and drugs.

“We want to be recognized among our field as a mainstream therapy because that's what we are,” she said.

When third-party reimbursements aren't available, most music therapists will work with the clients to provide their services at a more affordable rate, whether it be by shortening sessions or conducting them less frequently.

Where Can I Find a Music Therapist?


When choosing a music therapist for oneself or a loved one, Jacobs warns people to be sure the therapist is board-certified. This ensures they hire someone with the appropriate credentials.

“You don't want someone who says they are a music therapist but has no training,”

Jacobs said. “They could overstimulate the brain, which could cause negative effects. This is a serious safety issue.”

There are approximately 27 board-certified music therapists in Nebraska. To find one in your area, visit the Certification Board for Music Therapists' website, www.cbmt.org.

For more information on music therapy, visit the American Music Therapy Association website, <http://www.musictherapy.org>.

To watch this Live & Learn episode online, visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/> or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 



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Passages Encourages End-of-Life Communication Among Families

Communication among family members is never simple, especially when it comes to discussing the impending passing of a loved one. To help people navigate this confusing and awkward conversation, Lincoln Family Funeral Care employees Vicki Newman, Debbie Way and Scott DeWitt created the community service program “Passages: Creating Meaningful & Healing Communication at Life’s End.”

During his 12 years in the funeral business, Newman notes how funeral homes often talk about how people can get financially prepared.

“Although that’s important,” she said, “families need to learn how to get emotionally prepared. The Passages program fills the gap.”

Passages features a 45-minute presentation on four core end-of-life decisions: celebrations of life, how to transfer sentimental items, ethical wills and living funerals.

When the program launched in spring 2013, it was presented to hospice patients and their families. As word spread about the program, Newman, Way and DeWitt began hosting the program in churches, assisted living facilities and retirement homes. A year after its inception, Passages is presented about six times per month based on need.

“It’s a growing program that seems to have hit a nerve with a lot of people,” Newman said.

Celebrations of Life

According to the Passages program, celebrations of life are funerals that incorporate personal elements specific to the individual. Their primary purpose is to focus on the positive, humorous or encouraging aspects of the deceased’s life.

“It’s determining how you want to be remembered,” Newman said. “People often forget that funerals are important not just for the deceased, but for the living to share their memories.”

In the Passages program, the presenter encourages older adults to determine their celebration of life vision by considering what they value and what makes them unique. Attendees are asked to consider if they’d like a theme, how or if they’d like to incorporate music and what food should be served.

Celebrations of life can be an elaborate, unique affair or a traditional funeral that incorporates only one personal detail.

“That detail can be something as simple as grandmother always had a bowl of M&M’s out, so you put bowls of M&Ms around the reception hall,” Newman said. “I’ve also seen the opposite extreme. Once, we had a lady who made her entire funeral an English tea party. Everyone makes it their own.”

Once the details are decided, she encourages people to write them down and tell family members where to find the note after they pass on.



Vicki Newman, Lincoln Family Funeral Care community relations and marketing manager and co-creator of the Passages program.

“If you stick it in a drawer and don’t tell anybody about it, then it might not be found until after the funeral,” Newman said.

Transferring Sentimental Items

A special wedding photograph. A baseball glove. A particular plate. Everyone has personal items that are sentimental to themselves or loved ones. Failing to make a plan outlining who will receive what can cause irrevocable damage to family relationships.

Passages teaches attendees the subject’s importance and how to create an effective plan for transferring items.

“I had one person who went home after a presentation and immediately put sticky notes with family members names on everything she thought was important,” Newman said.

By choosing items for specific family members and explaining in writing the thought process behind the decision, older adults not only prevent conflict, but also create an opportunity to express love and appreciation for their family members.

Ethical Wills

An ethical will can be one of the most cherished and meaningful gifts people can pass on to their family. Unlike a financial or living will, it is not a legal document; it is a vessel for transferring one's values, passions, faith, blessings, life lessons and dreams to family and friends.

Ethical wills can include:

- An explanation of what one learned in life.
- An overview of one's memorable life experiences.
- Favorite quotes or sayings.
- A description of religious beliefs.
- Messages of forgiveness and love.
- An outline of one's hope for the future of family, friends or the world.

"We all want to be remembered for what we contributed," Newman said. "By sharing these things through an ethical will, you can continue your ripple effect through the people around you."

After one participant attended a Passages presentation, she wrote an ethical will for her family. When she died, the family saved her ethical will and chose to read it together while gathered around the Christmas tree on their first Christmas Eve without her.

"Her husband told me that reading her memories made it seem like she was there with them," Newman said. "They had a lot of laughs from her stories. This is a great example of how ethical wills affect people in a positive manner to help them deal with loss."

Living Funerals

Of all the topics discussed in Passages, Newman said participants are most surprised to learn about living funerals.

Living funerals differentiate from traditional funerals in that they focus on someone who is still alive. In most cases, older adults who chose this funeral option recently were diagnosed with a terminal illness or are hospice patients. Oftentimes, the honoree controls the event details, from the service order to the type of music played.

"In traditional funerals, people get to say how much the person will be missed, but they can't tell it to the person," Newman said. "A living funeral gives everyone a chance to tell the person how much they love them


and what they appreciate about them. The person gets to hear all these wonderful things before they pass. It gives them peace."

Passages explains the benefits of a living funeral and outlines how to create the perfect living funeral ambiance. During the presentation, attendees learn facts that help them determine if a living funeral is right for their situation.

"Living funerals are wonderful, but they aren't for everybody," Newman said.

More Information

To book this free presentation at your location or to inquire about an upcoming Passages presentation, contact Newman at 402-464-6400.

To watch this Live & Learn episode online, visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/> or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 



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Benefits Checkup and Screening Clinics Educate, Dispel Myths

Aging Partners wants to put money back into the pockets of local older adults. To help achieve this goal, its staff launched a benefits checkup program at Lancaster County senior centers this spring to educate people about benefits programs that can help those 60 and older pay for housing, food, heating and medications.

The free event features a 30-minute presentation that outlines various benefits programs, including SNAP, Medicare Part D, Medicare savings programs, Medicaid, Energy Assistance and Homestead Tax Exemption. Aging Partners staff explain these programs, how they help older adults and their eligibility requirements. Afterward, attendees are encouraged to participate in a brief Q-and-A session. Care managers are available to provide confidential eligibility screenings for individuals needing immediate on-site assistance. Individuals unable or unwilling to participate in the screening at that time may schedule an appointment for a later date at the center, in their home or at the downtown office.

Although attendees aren't required to bring anything with them to the presentation, those who plan to participate in the private screening will need to know their annual income, monthly housing payment and insurance premiums. Those who determine they qualify for benefits at the screening and choose to enroll in the program will

be assigned a social worker to help them with the application process during a scheduled appointment.

Older adults currently enrolled in benefits programs are encouraged to attend the event because certain program details or qualifications may have changed since they signed up.

"Just as you go to the doctor for a checkup once a year, you should also examine the benefits programs you already are enrolled in," said Houston Doan, Aging Partners financial and insurance counselor. "People could discover they qualify for programs now that they didn't qualify for last year."

Doan requests older adults attend the event even if they assume they don't qualify for programs.

"That's one of the most common misconceptions I run across," he said. "In a group setting, you almost always hear that so-and-so makes too much money, so they aren't eligible. What many don't understand is that certain programs may be based on gross income, and there are several things people can do to subtract from their gross income to qualify for the programs. This is something people will learn about if they attend the benefits checkup."

Caregivers of older adults are invited to attend a checkup if they can.

Transportation to and from the event is available for those 60 and older, and everyone is encouraged to stay for lunch following the



A client visits Care Manager Assistant Jenna Hull for a confidential benefit program screening.

presentation. Transportation and meal reservations must be made two days prior to the event. Suggested contributions are appreciated for both services. Contact the senior center manager to make a reservation.

Although this event is currently being offered only at Lancaster County senior centers, Hakenkamp hopes this event can be offered at rural senior centers in the near future.

For more information, contact 402-441-7070. 

Benefits checkup schedule*

- Lake Street Senior Center: April 14
- Downtown Senior Center: April 21
- Belmont Senior Center: April 28
- Maxey Senior Center: April 30
- Northeast Senior Center: May 5
- Firth Senior Center: May 12
- Bennet Senior Center: May 20
- Hickman Senior Center: May 28
- Waverly Senior Center: May 30
- Asian Senior center: June 12**

**All benefit checkup presentations will begin at 10:30 a.m.*

***A translator will be available.*

New Service Meets Rural Nebraskans' Nutritional Needs

For some older adults, the key to independent living is simply eating a home-cooked meal daily. This is especially true of rural Nebraska residents without access to hot meals offered by local senior centers or Meals on Wheels.

To fill this gap, Aging Partners launched Mom's Meals Services this winter.

"People who live on a farm and are unable to cook due to an illness or injury, either temporarily or permanently, need help getting the nutrition they need," said Denise Boyd, areawide Programs & Nutrition division administrator and Aging Partners registered dietitian. "Mom's Meals intervenes for these people. It's another essential tool in our nutrition service assistance."

The new service identifies older adults in rural areas of the multi-county area who need help meeting their daily nutritional needs and connects them with Mom's Meals, an Iowa-based, family-owned, fresh-food preparation and delivery service that provides great-tasting, wholesome meals to customers' doorsteps.

The service offers various delicious, chef-prepared breakfast, lunch and dinner menu items, which can be tailored to heart-healthy, diabetic friendly, renal friendly, gluten-free, pureed and vegetarian diets. These meals are delivered via FedEx or UPS in a specially sealed package that maintains freshness in a refrigerator for 18 days. Each meal is equipped with special cooking instructions for microwave and traditional ovens.

To participate in the service, individuals must be 60 or older and without access to a home-cooked meal via a relative, personal ability or takeout service.

When individuals contact their local senior center to sign up for the service, an Aging Partners representative evaluates their needs. Once approved for the service, they are authorized to receive one meal a day for a certain number of days each week, based on individual need. Participants are authorized to receive meals for a maximum of six months.


"Everyone is welcome who is age eligible and has a need," Boyd said.

The value of one meal is \$5.50. Service participants are encouraged to contribute toward the meal cost as their financial situation allows. However, no one will be turned away because of ability to contribute.

"There's a finite number of meals we can provide," Boyd said. "We have a small amount of money that will subsidize the cost of these meals. The more contributions we receive, the more meals we'll be able to provide."

Since its inception, the service has served about five people in Seward and Saline counties. Through the Older Americans Act funding awarded for Mom's Meals Service, Aging Partners hopes to provide about 2,500 meals the first six months of its implementation.

To apply for or learn more about the Mom's Meals Service, contact a county program manager at a multi-county program office.

To apply for or learn more about the Mom's Meals Service, refer to page 37 of this magazine and contact a county program manager at a multi-county program office. 



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Trans Fats and Your Health

Some doctors consider trans fat the worst type of fat. Unlike other fats, trans fat—also called trans-fatty acids—raises your “bad,” or LDL, cholesterol and lowers your “good,” or HDL, cholesterol.

A high LDL cholesterol level, in combination with a low HDL cholesterol level, increases the risk of heart disease, the leading killer of men and women in the United States. Here’s some information about trans fat and how to avoid it.

What Is Trans Fat?

Trans fat is made by adding hydrogen to vegetable oil through a process called hydrogenation, making the oil less likely to spoil. Manufacturers use trans fats in foods so they stay fresh longer, have a longer shelf life and less greasy feel.

Scientists aren’t sure exactly why, but the addition of hydrogen to oil increases cholesterol more than other types of fats. It’s thought that adding hydrogen to oil makes the oil more difficult to digest.

What Is Natural Trans Fat?

Trans-fatty acids are found naturally in animal products including the meat and butter fat of dairy products.

Trans Fat in Other Foods

Commercial baked goods, such as crackers, cookies and cakes, and many fried foods, such as doughnuts and french fries, may contain trans fats. Shortenings and some margarines can be high in trans fat.

Trans fat used to be more common, but in recent years, food manufacturers use it less because of concerns over the health effects of trans fat. Food manufacturers in

the United States and many other countries list the trans fat content on nutrition labels.

However, be aware of what nutritional labels really mean when it comes to trans fat. For example, in the United States, if a food has less than 0.5 grams of trans fat per serving, the food label can read 0 grams trans fat. That’s a small amount of trans fat, but, if you eat multiple servings of foods with less than 0.5 grams of trans fat, you could exceed recommended limits.

Reading Food Labels

How do you know whether food contains trans fat? Look for the phrase “partially hydrogenated” vegetable oil on the label. That’s another term for trans fat. If you buy shortbread cookies and notice this phrase, there’s a good chance they contain trans fat even if the nutrition facts label reads 0 grams trans fat. In reality, the shortbread cookies may have 0.4 grams trans fat per serving; if you eat three servings of the cookies, you’re eating 1.2 grams trans fat and not realizing it.

Avoiding Trans Fat

Thankfully, trans fat is showing up less in food, especially on grocery store shelves. If you dine out a lot, however, be aware that some restaurants continue to use trans fat, such as in the oil they use to fry food.

How much trans fat you can safely consume is debatable, yet there’s no question you should limit intake, according to the Food and Drug Administration and the American Heart Association.

In the United States, food nutrition labels don’t list a daily


value for trans fat because it’s unknown what an appropriate level of trans fat is, other than that it should be

low. The AHA recommends that no more than 1 percent of total daily calories be trans fat. If you consume 2,000 calories a day, that works out to 2 grams of trans fat or less—about 20 calories.

What Should You Eat?

Don’t think a food free of trans fat is automatically good for you. Food manufacturers have begun substituting other ingredients for trans fat. However, some of these ingredients, such as tropical oils—coconut, palm kernel and palm oils—contain high amounts of saturated fat. Saturated fat raises LDL cholesterol. A healthy diet includes limited fat.

In a healthy diet, 25 to 35 percent of total daily calories can come from fat, but saturated fat should account for less than 10 percent of total daily calories. Aim for consuming less than 7 percent of fat calories from saturated fat if you have high LDL cholesterol levels.

Monounsaturated fat—found in olive, peanut and canola oils—is a healthier option than saturated fat. Nuts, fish and other foods containing unsaturated omega-3 fatty acids are other good choices of foods with monounsaturated fats. 

Nutrition Facts	
Serving Size 1 CUP	
Servings Per Container 3	
Amount Per Serving	
Calories 180	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 5g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Potassium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%


National Iced Tea Day Is June 10

Iced tea is the perfect way to quench your thirst on hot summer days. Iced tea can be served plain, with a slice of lemon or with a little sugar added. There are four basic types of tea: black, green, oolong and white. All teas come from the same leaf, but the difference lies in how they are fermented.

Studies have shown teas, particularly black and green varieties, may have many health benefits. Black tea may have beneficial effects on heart health by helping to reduce arterial clogging and inflammation. Black and green teas contain flavanoids, a type of antioxidant, which can help repair damage to DNA caused by free radicals. These free radicals play a role in the development of cancer.

Choose teas that have been brewed instead of bottled, as bottled teas typically contain more calories and sugar. Making iced tea at home can be fun and

inexpensive. Sun tea is a good example of a great home-brewed iced tea. To make sun tea, place black tea bags in a gallon-size glass jar and let it sit in the sun for three hours.

With the hot and humid summer months, it can be easy to become dehydrated. Remember to drink plenty of fluids throughout the day. Iced tea is a great way to help ensure the body is healthy and hydrated. 

**Source: (<http://www.eatright.org>)*



Farmers Market Coupons

It will soon be Farmers Market time again, complete with delicious and nutritious locally grown fruits and vegetables. Eligible participants must be 60 and older and meet income guidelines. Late in May, check with your Aging Partners Senior Center manager or County Program for information on applications, sign-up clinics and coupon availability, or call 402-441-6150. 



Now is the best time to talk about what you want next in life.

Nothing beats gathering around the table with loved ones. Conversations move back and forth—from fondest memories to future plans. And it's the perfect opportunity to talk about your version of the ideal retirement living scenario. When you are ready, we would love to join your conversation and help you decide what is next based on your distinct wants and needs. We know there's no one-size-fits-all solution, but we also know that it's hard to find the answer until you start asking questions. Call us today for help moving your conversation forward.

Call (402) 420-9355 today for help moving your conversation forward.

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Going Green

Denise Boyd, Aging Partners Registered Dietitian

Spring has sprung, and there is plenty of green coming up. It's busting out all over, and we can add some greens and good eating to our meals. Spring greens are in season, so think about indulging in a favorite or branching out to a new variety. Here's a list to start your green eating adventure:

Lettuce, the Common Salad Bed

Yes, iceberg lettuce is the ubiquitous staple of most salad bars, primarily because it has the mildest flavor and lots of crunch. But you might try some of the following types for something completely different.

- Butterhead leaves have a buttery texture. Popular varieties include Boston, bibb, buttercrunch and Tom Thumb.
- Chinese lettuce generally has long, sword-shaped, non-head-forming leaves with a bitter and robust flavor unlike Western types. It is commonly used in stir-fry dishes and stews. The leaves make delightful vinaigrette coleslaw.
- Looseleaf has tender, delicate and mildly flavored leaves. This group includes oak leaf and lollo rosso lettuces.
- Romaine, also called Cos, grows in a long head of sturdy leaves with a firm rib down the center. Unlike most lettuces, it is tolerant of heat.
- Summer Crisp, also called Batavian, forms moderately dense heads with a crunchy texture. This type is intermediate between iceberg and looseleaf types.


Some lettuces, especially iceberg, have been specifically bred to remove the bitterness from their leaves. These lettuces have high water content with very little nutrient value. The more bitter lettuces and ones with pigmented leaves contain antioxidants.

Fancy Greens, Other Bedding Options

These fancy greens are nutritional powerhouses with many nutrients. They have vitamins A and C and folic acid, plus all the phytonutrients that come with their vibrant colors.

- Arugula, also known as rocket, has a typically dark green color with notched edges on the leaf. The flavor is peppery with mustard tones.
- Escarole has wide, frilly leaves that are crisp with a mildly bitter taste. It's often served cooked, but makes a tasty addition to a mixed salad.
- Frisée has curled leaves tinged with yellow and green that are slightly

bitter or peppery in taste, have a crunchy stem and add a lot of texture. Their pale green, white and yellow coloring is a result of shielding from light during the growing process. Frisée is closely related to escarole.

- Kale leaves are broad and ruffled, ranging from deep green to a bluish purple. They taste very mild with undertones of cabbage.
- Radicchio has crisp deep red and white leaves that form a compact round head. Raw it is very strong tasting, so a little goes a long way in coloring a salad.
- Spinach is tender and sweet with a mild flavor. Full of vitamins and minerals, it's a great addition to salads and sandwiches. 



Spinach Couscous Salad

1 cup chicken broth
3/4 cup whole-wheat couscous
1/2 cup Italian or Golden Caesar dressing
2 cups shredded fresh baby spinach
12 cherry tomatoes, halved, or one regular tomato, chopped
4 ounces chopped water chestnuts

Bring broth to a boil. Add couscous, then remove from heat and let stand covered for five minutes or till broth is absorbed. Add salad dressing and refrigerate until cool (about four hours.)

Before serving, add spinach, tomatoes and water chestnuts.



A Pioneering Area Agency on Aging

ANNUAL REPORT

October 1, 2012 - September 30, 2013

OUR MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

*AND IN THE END,
IT'S NOT THE YEARS IN YOUR
LIFE THAT COUNT.*

*IT'S THE LIFE IN
YOUR YEARS.*

~ABRAHAM LINCOLN

PROUDLY SERVING

Aging Partners staff is proud to serve the people of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

"I will be 90 years old in May so I am getting older and use a walker. I feel good so I am glad to be in my home. I appreciate the help I get." ~ From an Aging Partners Client

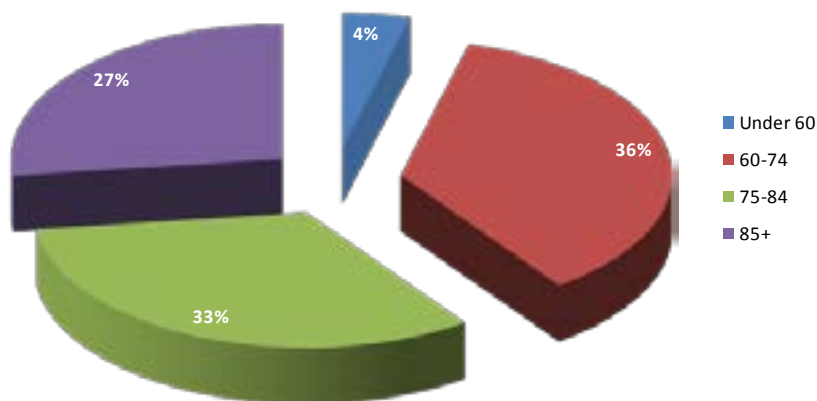




What population does Aging Partners serve?

Aging Partners serves persons ages 60+ in an eight-county area in Southeast Nebraska comprised of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in accordance with the policies established under the Older Americans Act. Aging Partners also provides services to persons under age 60 on a fee-for-service basis.

CLIENTS SERVED BY AGE: OCTOBER 1, 2012 - SEPTEMBER 30, 2013



*AGE IS AN ISSUE
OF MIND OVER
MATTER. IF YOU
DON'T MIND, IT
DOESN'T MATTER.*

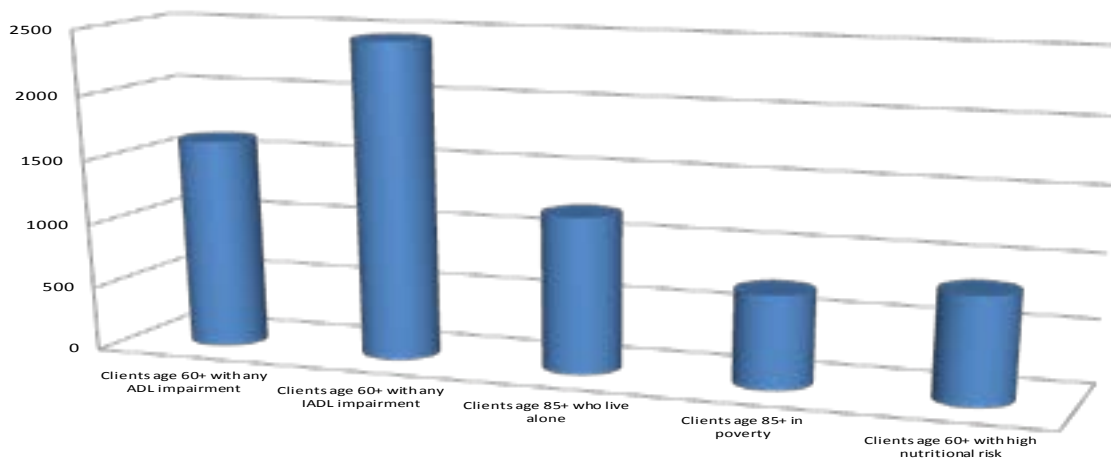
~ MARK TWAIN

Our Impact

OLD AGE IS NOT A DISEASE - IT IS STRENGTH AND SURVIVORSHIP, TRIUMPH OVER ALL KINDS OF VICISSITUDES AND DISAPPOINTMENTS, TRIALS AND ILLNESSES.

~ MAGGIE KUHN

HIGH-RISK POPULATION SERVED: OCTOBER 1, 2012 - SEPTEMBER 30, 2013



High-Risk Criteria

ADL = Activities of Daily Living (i.e., Bathing, Dressing/Grooming, Eating, Mobility, Continence, Toileting, Transferring)

"Thank you so much for your help! It has made a huge difference. Not only do I have hot water for the first time in six months, but my house is warmer. I would not have known about the weatherization if not for your agency." ~ From an Aging Partners Client



Once again, it is my pleasure to provide an annual report to our readers of *Living Well Magazine*. Fiscal year 2012-13 was a financial challenge we met with success. It began with the realization that we would need to cut seven positions to meet the required budget reductions. In the eleven years I've served as director, we have reduced our staff by 26 positions. This would bring the total to 33. Two long-time employees chose to retire early, and two others were moved out of our budget. The decision was made that we would work to increase our revenues to enable Aging Partners to keep the remaining three staff members. And we did!

We became more intentional about inviting clients to participate in the cost of the service they received. Using the Older American's Act "suggested contribution" protocol where no service is denied and all contributions are confidential, we began to "suggest a contribution" to all who received services. Those who could, did! We had a goal, and we ended the year at 103 percent of what we needed. We were delighted at unexpected donations sent from grateful families, memorial gifts remembering loved ones, and friends and colleagues in the field of aging who simply sent checks. We held our breath until all reports were completed and had an agency staff meeting in early December to announce that we had been successful.

The Nebraska Legislature acknowledged the good work we do with a 2.25 percent increase in our Community Aging Services Act funding and a similar increase in funding for care management services. This helped balance out the loss from the federal government's Sequester cuts.

Aging Partners staff has found the challenges many older adults face are more complex and serious. It sometimes takes a team of people to help solve problems and improve someone's life. I am honored to work with these caring professionals as we set out to meet this year's goals. To you, our readers and supporters, I say "thank you" from everyone at Aging Partners.

June Pederson, Director
Aging Partners Area Agency on Aging

Care Management Survey Questions and Results

1. Does your care manager explain your services in a way you understand?
2. Has your situation improved because of the services your care manager arranges?
3. Do the services you receive help you to continue to live in your own home?
4. Does your care manager treat you with respect?
5. How would you rate the care management services you have received?

Aging Partners Client Received Responses by Percentage rounded to the nearest whole number

Question 1	99%	Yes
Question 2	98%	Yes
Question 3	99%	Yes
Question 4	99%	Yes
Question 5		
1 Excellent	82%	
2 Very Good	14%	
3 Good	1%	
4 Fair	3%	
5 Poor	0%	

AGID* National Survey of OAA Participants Received Responses by Percentage rounded to the nearest whole number

Question 1	96%	Yes
Question 2	87%	Yes
Question 3	97%	Yes
Question 4	98%	Yes
Question 5		
1 Excellent	40%	
2 Very Good	39%	
3 Good	14%	
4 Fair	5%	
5 Poor	3%	

*The AGING Integrated Database (AGID) is an on-line query system based on Older Americans Act-related data files and surveys.

1005 "O" Street, Lincoln, NE 68508-3628



Designing Costumes for Pinewood Bowl

*Photo courtesy of
PinewoodBowl.org*



Photo by Zoe Olson

The unsung hero of Pinewood Bowl's many musical productions is Rosemary Rhodes. A former costume designer, she had her hand in dozens of productions, creating hundreds of costumes during her time as a volunteer.

Unlike the actors, her work went unnoticed by many. Yet, without her expertise, the productions arguably would not have been as successful as they were.

Planting roots in Lincoln

Although born on a farm near Princeton, Neb., Rhodes claims Lincoln as her hometown. Having left the one-room school in Princeton, she joined Northeast High School's second-ever class.

A graduate of Nebraska Wesleyan University, she received her Bachelor of Arts in a divisional major created specifically for her that combined psychology, education and sociology. During college, she worked at the University of Nebraska-Lincoln's agronomy department.

"I joked that I worked at the university to pay for school at Wesleyan," she said.

Rhodes married her husband, Roger, and had five children. Although she initially intended to return to graduate school to study psychology, she joined the first State Board of Education as a para-professional working in Saratoga Elementary School's hearing-impaired unit. Rhodes later worked in Wesleyan's Academic Affairs Office. She retired in 2005.

Building the bowl

Rhodes has been intertwined with the Pinewood Bowl from its inception.

"During World War II, when many servicemen were stationed at Lincoln Air Force Base, religious services were held on the steps of the Capitol on Sundays," she said. "Nearly 1,000 people attended the event known as Singfest. When the air base was decommissioned after the war, the community felt the services should continue, so the Singfest

Committee began raising money to build the Pinewood Bowl in Pioneers Park.

"A quartet I sang in donated \$2.50—actually, I think our director donated the money—but our photo was in the newspaper along with all the names of everyone who made a donation."

According to the Pinewood Bowl's website, the committee, led by St. Paul's Methodist Church Pastor Dr. Gerald Kennedy, raised \$25,000 for the bowl's construction, which occurred in 1946-1947.

Rhodes said the Pinewood Bowl has always worked with Lincoln Parks & Recreation.

"I'm not sure what the exact relationship is—it's sort of a mystery—but the Pinewood Committee was the only group using the bowl regularly for a very long time," she said. "The Parks Department has always been very helpful and wonderful to work with. They mow and put the benches out,

Continued on page 24

If All the World's a Stage, Rosemary Rhodes Has Supplied Many of the Costumes

Story by Zoe Olson

Continued from page 23

spray for mosquitoes and help with parking. It's been a great relationship from the very beginning."

After the Pinewood Bowl's construction, the Singfest Committee became the Pinewood Bowl Committee, which was responsible for Easter sunrise services. It continues coordinating the Capitol's holiday tree lighting, which originated with the Singfest Committee.

From attendee to participant

Rhodes enjoyed attending the musical productions with her family for years before she became an active volunteer.

"It was a real family affair," she said.

Her brother-in-law, Bob Jeambey, and sisters, Shirley Jeambey and Frances McIntosh, were members of the Pinewood Bowl Committee before Rhodes joined in 1977 with the production of "South Pacific." Since then, she has held all offices—from president to member-at-large—except treasurer.

"That's not my thing," she said.

Shortly after volunteering, Rhodes began creating costumes for the productions.

Fern Casford, longtime Pinewood Bowl costume director, asked Rhodes for sewing help. She agreed and subsequently worked on costumes for "South Pacific," "Oklahoma" and "Annie Get Your Gun."

"One day, Fern called to say her sister had asked her to go on a cruise, and she said, 'You can do the costumes; I've already ordered them for the principles,'" Rhodes said. "So there I was. I had no experience, but I was young and foolish, and I said, 'Ok.'"

Eager to learn the ropes, Rhodes researched costume design at the library.



Photo courtesy of PinewoodBowl.org

"I found a book that showed how to make different things, and I just kind of went with it," she said.

Once the costume crew collected measurements, Rhodes found patterns and fabric and brought them to those who sewed for the chorus members. At times, she was responsible for creating 45 to 50 costumes per show.

Challenges become triumphs

During the 20 years she designed costumes for annual productions, Rhodes experienced many trials. She learned from each circumstance, and became a better costume designer because of it.

One of her more humorous challenges was when the lead actress in "Annie Get Your Gun" refused to wear the signature hat because it covered too much of her face. However, the situation paled in comparison to the Native American costumes fastened with hook and loop closures that promptly came undone during the



dances in dress rehearsal. Rhodes rushed to replace them snaps that stayed fastened.

"We always had two or three people backstage to do quick repairs to torn hems or replacing snaps that came off during the shows," she said.

On another occasion, during the ballet scene in "Oklahoma," the nylon zipper in Laurey's dress began to split. As the dance went on, the tear grew to the point where her partner had to hold the dress together.

"We only used metal zippers from that point on," Rhodes said.

It wasn't long before she realized the need for a costume organizational system.

"There's a saying that when you're in the theatre you can't be modest," Rhodes said. "That's because costumes are flying as actors have to change quickly to get on stage for the next scene."

Through trial and error, she developed a system that helped her remember who wore what costume for each scene.

The bowl typically rented the principal casts' costumes from Ibsen Costume Gallery in Omaha. When they began ordering costumes from a store in Kansas City, Rhodes learned a lesson the hard way—look first and order later.

"From then on, I always drove to either Kansas City or Omaha to pick out exactly what we wanted," she said.

Costumes are heavy, and the intense summer heat didn't make wearing them any easier. With no laundry facilities at Pinewood Bowl, Rhodes took costumes home that needed cleaning and returned them for the next performance.

"Dick Terhune, a wonderful young guy who was great at playing old men, was cast as the King in 'The King & I,'" she said. "He couldn't shave his head because of his job, so he had to wear a rubber cap. It was very hot and the make-up would run into the costume. We had to clean it every night."

During "My Fair Lady," the cast's women participated in a contest to design their hats for the black and white ball scene, and Eliza's ball gown was troublesome because it was difficult to find the perfect dress. Two days before the dress rehearsal, a cast member

saved the day by offering the use of a Miss Nebraska contest dress.

In "Hello, Dolly!," Rhodes rented the red dress, but the wrong one arrived.

"It was too small, and the new dress was so heavy that climbing the steps was difficult," she said. "The same was true for the ball gowns in 'The King & I.' There were a lot of hot, sweaty actors."

Community collaboration

Although Rhodes hesitated to name a favorite performance, "Into the Woods" and "Annie" stand out in her mind because of the community's involvement in creating the costumes.

"In 'Annie,' there is a scene with lots of street people," she said. "Goodwill let us go through their warehouse that contains clothing they simply can't resell. We found lots of saggy, tattered clothes for that scene. I used

to haunt thrift stores in search of costumes. The costumes for 'Into the Woods' came from the Chicago company, and they needed many repairs."

Rhodes believes what makes Pinewood Bowl productions special is the citywide collaboration. For example, when East High band upgraded their uniforms, the school lent their old uniforms for "The Music Man."

"For the 'Carousel' production, Tom Curtwright, a wonderful set designer, built a full-sized carousel, and the horses were auctioned off," she said. "Into the Woods' was a very complicated set."

The end of an era

Today, Rhodes opens the church for committee meetings, makes coffee and enjoys each production. A professional designer now creates the costumes.

Rhodes enjoyed her time as a volunteer. She thanks her family for their support during her time as costume designer.

"It's been a fun ride," she said. "It was a wonderful time in my life, and I thoroughly enjoyed it."

For more information on the Pinewood Bowl and its upcoming production of Shrek the Musical, visit <http://www.pinewoodbowl.org>.

More about Rhodes' experiences with Pinewood Bowl can be viewed on Live & Learn. To watch online visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/> or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>.

Lw



A Tribute to Don Gill

Local broadcasting legend and former Aging Partners volunteer Don Gill left behind an incredible legacy when he died Jan. 3 at age 84.

Perhaps best known as host of the Big Band Spotlight on Nebraska Public Radio the past 23 years, Gill's illustrious 63-year broadcasting career stemmed from humble beginnings.

He was born May 2, 1929, in Long Beach, Calif., to Leighton and Rhue Gill. After graduating from Woodrow Wilson High School, he moved in Emporia, Kan., to attend college. Winning second place in the radio reading category at a speech contest inspired Gill to transfer to the Municipal University of Wichita—now known as Wichita State University—to study speech radio.

Before concluding his studies, he joined the U.S. Army in 1951. He served with the Armed Forces Radio network in Okinawa during the Korean War.



Don Gill was a Live & Learn host for seven years.

When Gill returned from overseas, he helped put KNCK on air in Concordia, Kan., in 1954, hiring announcers and creating programming. At that time, it was the only radio station available in a 50-mile radius.

He joined the Bob Schmidt organization at KAYS in Hays, Kan. As the company expanded, he went on to work at KLOE in Goodland, Kan.; KFEQ in St. Joseph, Mo.; and KCOW in Alliance, Neb. During this time, he received numerous honors including Jaycee of the Year, Man of the Year and Boss of the Year.

In 1972, Gill became the sport director at KLIN-AM in Lincoln. His famous play-by-plays earned him the nickname “the voice of Husker football.” It is for these efforts he was named Sports caster of the Year five times.

In 1985, he became director of development at Nebraska ETV, where he hosted the weekly Husker football highlights

show and, eventually, the Big Band Spotlight. Although he retired in 1997, he continued to host the Big Band Spotlight until shortly before his death. The Nebraska Broadcasters Hall of Fame inducted him in 2006.


During the 42 years he lived in Lincoln, Gill volunteered often. He served as emcee at charity events and banquets including the State Community Awards banquet, a role he held 30 years, and Lincoln Continental Annual Barbershop Show, in which he participated 36 years. He was a tour guide for the Convention & Visitors Bureau and president of the Lincoln Municipal Band.

Aging Partners was honored to have him as a Live & Learn host nearly seven years. Through this experience, he interviewed civic leaders, music personalities and hardworking public employees.

“It hasn’t been like work,” Gill said of his time on Live & Learn in a past *Living Well* article. “It’s been very enjoyable, and I’ve met a lot of interesting people.”

A little-known fact about the broadcasting genius is that he was a well-respected fast-pitch softball pitcher in Salina, Concordia and Hays, Kan. He once pitched a no-hitter at a Kansas State softball tournament.

Gill is survived by his wife of 59 years, Donna; daughters, Dara Glotzbach and Diane Williams; and grandchildren, Anna and Zane Glotzbach.

To view Live & Learn’s special edition tribute to Gill, visit <http://lincoln.ne.gov.aspx/city/vod.aspx?vod=Live%20and%20Learn/don%20gill%20special-desktop.m4v>. 



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Hansen Becomes First Female Nebraska State Poet

Twyla Hansen made history in November when Gov. Dave Heineman selected her as the new Nebraska State Poet, making her the first woman and third native Nebraskan to hold the title.

Hansen, who has published six books and numerous poems and prose articles during her 31 years of writing, fills the vacancy left by former Nebraska State Poet William Kloefkorn, who died in 2011. Her term extends through 2018.

The Nebraska State Poet's primary responsibility is promoting and encouraging poetry appreciation throughout the state and inspiring an emerging generation of new writers. During her term, Hansen will share her experiences and advice through public presentations and readings, leading workshops and discussions, and providing other outreach in schools, libraries, literary festivals and various venues in rural and urban communities.

Although her passion for poetry has roots that reach deep, she didn't discover her love of writing until she attended an English class at Nebraska Wesleyan University taught by Kloefkorn in 1983. At the time, she was putting her agricultural education to use as a grounds manager and arboretum curator on campus, but she wished to broaden her education by taking classes, including this one.

It was during this class Hansen wrote her first poem.

"On the first day, the professor asked that we come back and share a poem we had written," she said. "I panicked because I had never written a poem before. I learned in that experience that you start where you

can and keep going. My poem was about my experience growing up on a farm in northeast Nebraska. There was a line in the poem the professor liked that said 'my brother punched my arm silly.' His approval made me think that I might become a writer."

From there, Hansen's talents blossomed. She continued taking writing classes and joined writer's groups.

"How to Live in the Heartland," her first book, debuted in 1992. With each new book she published, her local fame grew. Throughout her career, she has garnered awards for her work, including the 2012 and 2004 Nebraska Book Award, High Plains Book Award and WILLA Literary Award.

"Writing is an act of discovery," Hansen said. "When I sit down to write, I don't always know where the poem is going to go, but that's the exciting part of it—abandoning yourself to the process. We find out who we are by writing our own stories and connecting them with other people."

Most of her poems are influenced by her childhood and the nature surrounding her, but she seeks inspiration everywhere.

"I never know where it will come from," Hansen said. "For example, one of my poems about work was inspired by an NPR news program that shared a factoid about bees and how hard they work. My dad was a beekeeper on the family farm, so I connected the two ideas in my poem, 'Work' in my newest book, 'Dirt Songs: A Plains Duet.'"

She is working on a new collection of poems and will continue educating Nebraskans about poetry through workshops, presentations and electronic means, such as the Nebraska




Twyla Hansen, Nebraska State Poet

State Poet Facebook page she created. She has been a writing presenter through Humanities Nebraska's Speakers Bureau more than 20 years and has a new program available through the Nebraska Arts Council.

Hansen encourages those interested in creative writing, whether it's poetry or other form, to be persistent.

"Keep writing, even if you feel like it's not working," she said. "If you're stuck in a poem, start a new one. When you start writing, you think everything you write is brilliant, but maybe it isn't. You need to bounce your writing off other people for feedback. They'll tell you if they don't understand your poem. After all, we're trying to communicate with others through our writing. If they aren't getting it, what's the point?"

To watch this Live & Learn episode online, visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/> or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 

Lifeline Goes Wireless

No landline? No problem. Older adults without home phone landlines can benefit from Phillips Lifeline's medical alert service. The new HomeSafe Wireless System uses cellular service to connect older adults to emergency services in the event of a fall.

This new innovative technology from the No. 1 medical alert service on the market is an answer to the prayers of many local older adults, according to Aging Partners Program Coordinator Carol Meyerhoff.

"Through the years, we've had many requests for Lifeline from those without landlines," she said. "Before this technology existed, we had to turn them away. Now, we can call them back to tell them about the new system that fits their needs."

Aging Partners' Lifeline staff installed the first HomeSafe Wireless System in January. They anticipate installing many more before the end of spring.

About the Equipment

The HomeSafe Wireless System includes a wireless home communicator with a high-quality, two-way audio and battery backup that connects the older adult to a Lifeline Response Center using local cellular towers. The system can be paired with either the basic pendant or AutoAlert.

The Communicator provides up to 24 hours of self-powered operation in case of a power outage. Unlike the traditional communicator options,

it performs its own system check, negating the need for users to test their personal help buttons each month.

Like all Phillips Lifeline options, it is FDA approved.

"Because Lifeline is considered a medical device instead of an alarm system, new technology undergoes rigorous and stringent testing," said Suzanne Frasier, Lifeline specialist. "That's why this equipment has taken so long to hit the market despite the growing demand for it. Lifeline does not launch something until it knows it is safe and effective."

Is the HomeSafe Wireless System Right for Me?

The new wireless option is recommended for those who have disconnected their landline phone in favor of cellular phone service due to expenses. For those who can, however, Aging Partners Lifeline staff recommends the traditional communicator options.

"Because the wireless unit runs off cellular towers, there can be dead spots or down times," said Karen Gulbranson, Lifeline coordinator. "Although it is fairly reliable, it isn't as reliable as the traditional landline service."

Although AT&T, the primary provider, is not known for its exceptional coverage in eastern Nebraska, Lifeline aims to increase the system's reliability by purchasing cell towers from three other providers in the area. To ensure older adults'

safety, Aging Partners Lifeline employees will not install the wireless system in a home without first ensuring that the communicator gets adequate reception.


Why Lifeline?

Nothing threatens older adults' independence more than falls. One in every three adults over age 65 falls each year in the United States, according to the Centers for Disease Control and Prevention. About 50 percent of those who fall will not be able to get up without help. If assistance isn't readily available, the individual could lie stranded on the floor for hours or days, which could lead to pneumonia, dehydration, pressure ulcers and even death.

Although older adults can take measures to prevent falls, not every fall can be prevented. Lifeline is the second line of defense for older adults. The service provides fast access to highly trained, caring response center associates 24/7 at the push of a button. Depending on the older adults' needs, the associate will either contact a predetermined responder to check on the subscriber or summon emergency medical personnel.

Meyerhoff encourages older adults to be prepared for the unexpected by choosing Lifeline.

"It's sad when we get calls from folks who said, 'If only I had Lifeline before my fall,'" she said. "This service helps older adults maintain their quality of life and independence. We want all older adults to have the peace of mind Lifeline provides. It's the least expensive life and health insurance available."

For more information or to subscribe, call 402-441-8816. 



Lifeline Pricing

Installation fee: \$35*

Lifeline communicator options (monthly fee):

- Lifeline basic communicator with pendant or wristband style - \$35
- Lifeline basic communicator with AutoAlert PHB - \$47
- Cordless phone communicator with standard PHB - \$35
- Cordless phone communicator with AutoAlert PHB - \$47

Wireless 7000 Series communicator options (monthly fee):

- Wireless communicator with basic PHB - \$45
- Wireless communicator with AutoAlert PHB - \$57
- Dual-subscriber household (for landline and wireless)
 - Additional standard PHB - \$10
 - Additional AutoAlert PHB - \$22

Optional equipment:

- Voice extension (monthly fee) - \$10
- Additional handset for cordless phone (monthly fee) - \$10
- Combination key lock box (one-time fee; allows personal and emergency responders access to the home) - \$40

**Waived with a three-month subscription.*

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Home Handyman Celebrates Decades of Service

This April, Home Handyman entered its 42nd year of providing minor home repairs and maintenance services to Lincoln and Lancaster County's older adults. Program participants count on the dependable and trustworthy service they receive and need to remain living independently.

Handymen and women typically are retired workers with personal experience in home maintenance and repairs. Many are retired construction, carpentry or electrical workers. Some own or have owned a handyman business. Others volunteer to supplement their current income while giving back to the community and serving older adults.

Services are provided on a sliding fee scale.

Spring Cleaning

Spring cleaning tasks often require using a stepladder, carrying heavy tools and accessories, lowering oneself to the floor or using more exertion than one feels is safe. While preparing a to-do list, keep Home Handyman in mind. The service assists with:

- Cleaning under or behind furniture.
- Washing windows.
- Removing blinds for cleaning or window treatments for laundering.
- Cleaning light fixtures and ceiling fans.
- Adjusting patio furniture.
- Installing garden hoses.
- Changing storm doors and windows with screens.

Outdoor Work

Handymen and women have been cleaning equipment, sharpening blades and preparing to tackle another busy outdoor season.

Outdoor yard work is a great way to stay in touch with neighbors, exercise and strengthen muscle tone, flexibility and balance.

Many outdoor tasks require using ladders and maneuvering heavy lawn care equipment. Those who have a medical condition that causes them to become dizzy or off-balance, take medication that causes sun or heat sensitivity, or have been warned by their doctor to avoid lifting heavy objects or operating heavy power equipment should take extra caution.

Select tasks that are safe, start slowly and call Home Handyman for the rest. One serious fall, medical incident or heat-related event can compromise one's health, so delegate tasks that could be a risk to health and independence.

Remember to clean gutters before spring rains fall. Blocked gutters can cause roof damage from backed-up water. Blocked downspouts drain water close to a home's foundation, which can cause water to run over gutters and into the basement.


Clean leaves and old mulch from around plants and bushes once risk of a freeze passes. Edging, trimming and mowing are essential tasks included in Home Handyman services, as are

preparing gardens, managing small planting projects, applying mulch to garden/flowerbeds, applying lawn care products, grass seeding, and trimming bushes and hedges.

Ensure steps and handrails still allow people to safely enter and exit the home. Home Handymen and women can fix or replace rotting steps or loose/missing handrail.

Safe Homes for Seniors

The free Safe Homes for Seniors service helps older adults safely manage household chemicals and products. Home Handyman's assessment includes identification of hazardous products, sorting and safe removal of dangerous and unwanted products, and possible recycling or proper disposal of these items. Call Home Handyman to schedule an assessment or request information concerning the Household Hazardous Waste Program and information on the 2014 Hazardous Waste Collection Schedule, sponsored by the Lincoln/Lancaster County Health Department.

Contact us at 402-441-7030. 



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Mel Bates mows the lawn for a client.

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FORUM ON AGING IN PLACE

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Aging Partners - A Pioneering Area Agency on Aging—June Pederson, Director

- All aspects of aging are covered by this City of Lincoln agency.

BMG Certified Public Accountants—Sarah Boehle Pool, Partner

- Tax Planning/ Estate Tax Issues

Crosby Guenzel Law Offices—Richard Rice, Partner

- Probate/Estates/Wills/Trusts/Real Estate

Liberty First Credit Union—Lis Krzycki, Mortgage Loan Officer

- Reverse Mortgages

Mass Mutual Financial Group—James Wagner CLU, ChFC, CLTC

- Long-Term Care Insurance/Medicare/Estate Planning

RE/MAX Real Estate Concepts—David Kaseman

- Senior Real Estate Specialist

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Celebrate Older Americans Month

Although the older adults in our lives should always be honored, May is reserved as a special time to celebrate them for the countless contributions and sacrifices they have made to ensure a better life for future generations.

The United States has recognized May as Older Americans Month since 1963. It is a chance for communities not only to pay tribute to older Americans, but also to demonstrate the nation's commitment to helping them stay healthy and active.

History of Older Americans Month

In 1963, 17 million Americans were 65 and older. A third of this population lived in poverty, and there were few programs to meet their needs. Interest in older adults and their concerns grew.

That April, President John F. Kennedy met with the National Council of Senior Citizens to learn more about older adults and their needs. He later issued a presidential proclamation designating May as Senior Citizens Month.


In 1965, Congress passed the Older Americans Act to address the lack of community social services for this demographic. The legislation authorized the federal government to make grants to the states for community planning and social services, research and development projects, and personnel training. It also established the U.S. Administration on Aging to oversee the newly created grant programs and serve as the primary federal agency on issues concerning older adults.

Under President Jimmy Carter, the name changed to Older Americans Month in 1980. Since its inception, every president has issued a formal proclamation in or before May to ask the country to celebrate Older Americans Month.

Safe Today. Healthy Tomorrow.

The theme for Older Americans Month 2014 is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety, encouraging older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to the older adult population result in more than 6 million medically treated injuries and 30,000 deaths every year, according to the U.S. Department of Health and Human Services. With an emphasis on safety, Aging Partners encourages older adults to learn the various ways they can avoid the leading causes of injury, including falls. Through this information, older adults can take control of their safety and live longer, healthier lives.

Aging Partners will host several activities and events throughout the monthlong celebration. 

Lincoln Seniors Got Talent



Do you dance?
Juggle much?
Can you sing?
Got a magic act?

Aging Partners is hosting a talent show featuring local seniors in honor of Older Americans Month on Live & Learn, SCITY-TV during the month of May.

The show will tape 9 a.m. - noon on Friday, April 18 at the Auld Recreation Center, 3140 Sumner St., Lincoln.

To sign up your act, contact Zoe Olson at (402) 441-6156 or email: zolson@lincoln.ne.gov

May is Older Americans Month

DINE OUT 4 SENIOR CENTERS

Wednesday, May 21, 2014

These restaurants proudly support the work of Aging Partners. A percentage of sales will be donated to support your local senior centers.

Raise your fork & raise funds for Aging Partners Senior Centers

Participating Restaurants:

- Golden Corral Buffet & Grill, 3940 N. 26th St.
- Lee's Chicken, 1940 W. Van Dorn St.
- Stauffer's Café & Pie Shoppe, 5600 S. 48th St.
- Texas Roadhouse, 6301 Apple's Way
- The Egg & I, 1601 "Q" St. and 6891 "A" St., #102
- The Engine House, 6028 Havelock Ave.

"Thank you for supporting our Senior Centers!"



Aging Partners' Older Americans Month Activities

Aging Partners is hosting several activities and events in May in celebration of Older Americans Month, and we hope you will join in the fun:

May – Lincoln Seniors Got Talent

During the month of May, Live & Learn on 5 CITY-TV will feature talented performances on a special episode “Lincoln Seniors Got Talent.” The show will tape on April 18 at the Auld Pavilion, and talented seniors are encouraged to sign up in order to participate. More information can be found on page 32. To watch the performances, go to <http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm> or on Live & Learn’s YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>.

May 14 – “Age of Champions” free showing, with discussion by Director, Christopher Rufo

AARP and Aging Partners are teaming up to offer a free showing of the award-winning PBS documentary “Age of Champions” at the Marcus Edgewood Theatres, 56th & Nebraska Highway 2 on Wed., May 14, 1:30 p.m. Seating is limited so call 402-441-7158 by Wed., May 7, to reserve a seat. For more information on “Age of Champions” see page 42.

May 16 – Age Strong! Live Long! Walk On!

The second annual 1-mile walk will begin at 9 a.m. on the Union College Campus. Sign up by April 15 to receive a free T-shirt at the walk. More information is located to the right of this article.


May 21 – Dine Out 4 Senior Centers

A percentage of sales will be donated by participating restaurants to support local senior center activities. Be sure to tell your servers, “Thank you for supporting our senior centers!” See information on page 32.

May 27 – Dance the Night Away II Fundraising Dance

The dance will be from 7 to 9 p.m. at the Auld Pavilion featuring The Leo Lonnie Orchestra and is co-sponsored by Homestead Rehabilitation Center. For more information, see ad to the right.

May 29 – All Center Picnic


This fun, festive picnic will be held at the Antelope Park Picnic Grounds (rain location: Auld Pavilion) from 10 a.m. to 1 p.m. During the event, musical guest “Crabgrass” will take the stage. For more information, see page 43. 

2nd Annual

Age Strong! Live Long! Walk On!

SAFE TODAY HEALTHY TOMORROW
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All Ages Welcome!






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Older Americans Month Fundraising Dance

Dance the Night Away II

Featuring “The Leo Lonnie Orchestra”
Tues., May 27, 7 - 9 p.m.
Auld Pavilion, 1650 Memorial Drive
Free Will offering at the door!



Dust off those dancing shoes, call your friends and join us for music and refreshments at a venue that holds years of our favorite dancing memories. 2014 is Aging Partners Senior Centers’ 40th Anniversary, so come help us celebrate! It will be a great time and a great opportunity to support your local senior centers with a donation of any amount (\$5 suggested donation) collected at the door!

For more information, call 402-441-7158.

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Protect Your Teeth

Oral health is a critical yet often neglected component of overall health, especially for older adults.

It ranks among the top three concerns of the 50-plus population, according to a recent survey by Procter & Gamble and AARP. Despite this knowledge, the study found 60 percent don't use mouthwash daily, 47 percent do not floss daily and 34 percent only brush their teeth daily.

These poor oral hygiene habits, which many adopted in childhood, cause negative oral health effects. The website <http://www.Seniorsoralhealth.org> reported that about 75 percent of people 60 and older have only some of their natural teeth and about 23 percent of adults ages 65 to 74 have severe gum disease.

In recent years, medical professionals discovered poor oral health can negatively impact health beyond the mouth. Studies show diabetes, heart disease and many other medical conditions are linked to oral hygiene. A recent study from <http://www.webmd.com> showed people with serious gum disease were 40 percent more likely to have a chronic condition in addition to the disease.

"Oral health is something we can't ignore," said Dr. Hoang-Oanh Le, periodontist at Lincoln's Periodontal Offices.

The Truth About Periodontal Disease

The inflammation of the gums and underlying bone holding teeth in place is called periodontal disease, also known as gum disease. Its milder form, gingivitis, can be reversed through improved oral hygiene habits. Periodontitis is more serious; it can damage the soft tissues and bone that support the teeth. Without treatment, it can cause tooth loss.

"Aging isn't a risk factor for periodontal disease," Le said. "It's the lifetime accumulation of periodontal destruction that causes the disease."

Smoking, diabetes and excessive stress are other risk factors.

At first, gum disease may go undetected because it begins painlessly. Over time, it can cause sore gums, bleeding when brushing and pain when chewing.

Symptoms of periodontal disease include:

- Bad breath that won't go away.
- Red swollen gums.
- Tender or bleeding gums.
- Painful chewing.
- Loose teeth.
- Sensitive teeth.

"Teeth also may appear longer because the tissue has receded due to lost of bone support," Le said.

Steps To Improving Oral Hygiene

It's never too late to make a positive change to one's oral health habits. The National Institutes of Health recommends older adults brush their teeth at least twice a day with toothpaste containing fluoride, floss at least once a day and visit the dentist regularly for cleaning and oral exam.

Older adults with dexterity challenges can ease the toothbrushing process by inserting the manual toothbrush's handle into a rubber ball or sponge hair curler. Electric toothbrushes are another option. Prices range from about \$15 to \$150, but each work well, according to Le.

"Finding one that is comfortable for you to use is the most important thing," she said.

Older adults will not experience the full benefits of brushing their teeth if they do not use proper technique. Webmd.com encourages them to:

- Never use long horizontal brush strokes against the gum line. Instead, aim at a 45-degree angle and gently use short strokes or vibrations.
- Avoid starting in the same place in the mouth each time. This can cause the brusher to get lazy and miss other areas of the mouth.
- Never skip the inside of the teeth. It's harder to see the plaque inside the mouth, which is why many forget to brush here.
- Remember to rinse the toothbrush after every use. It not only removes leftover toothpaste, but also eliminates bacteria.
- Replace the toothbrush every three months or sooner if the bristles look frayed.
- Brush at least two minutes, but aim for three.

Just as important as proper teeth brushing and flossing is limiting intake of starchy snacks, sugared candy or cough drops, and sugary drinks. Remember to brush your teeth after every snack. Even rinsing the mouth with water after eating snacks reduces risks of tooth decay.

Fighting Dry Mouth

About 30 percent of older adults experience dry mouth. This condition, often is a side effect of medications older adults take, can affect a person's ability to function.

Dry mouth is when the body decreases the amount of saliva produced, which can make it difficult to chew food and swallow.

To remedy dry mouth, Le recommends older adults drink plenty of water, keep sugar-free candy in the mouth or chew sugar-free gum to stimulate salivary flow. There also are toothpastes, mouth rinses and gels that can help with dry mouth.

Denture Care and Implants

Older adults with dentures can protect their oral hygiene by brushing the gums. Food and debris can work its way between the dentures and gums. Although they no longer have teeth, they should continue to see a dentist, Le said. During these visits, dentists will ensure the dentures continue to fit properly and screen patients for oral cancer.

New dental technology continues to emerge. Among the more recent and most popular are dental implants, a titanium prosthesis placed where patients no longer have teeth. These can replace a single tooth or, in some cases, with multiple implants, they can replace an entire set of teeth.

When bone shrinks and dentures no longer fit, older adults may consider having implants placed in their bone to provide additional denture support and stability.

"Implants aren't for everybody," Le said. "For instance, there must be enough bone in order to place an implant. Talk to your dentist to see if it's feasible for your situation."

This new technology is quite the investment. However, Le puts it into perspective.


"Think about not being able to chew lettuce and carrots again," she said. "What is that worth to you?"

Finding Affordable Dental Care

Although Medicare, Medicaid and private supplemental health insurance plans do not cover dental care, there are local clinics that offer dental services at a reduced rate based on need, including Clinic with a Heart, the People's City Mission Free Medical Clinic and the People's Health Center.

Many older adults living in long-term care nursing homes use Incurred Medical Expenses to pay for eyeglasses and hearing aids, but many are unaware it also is available for dental treatment.

For more information on resources that may be available for you, call Aging Partners at 402-441-7070.

To watch this Live & Learn episode online, visit <http://lincoln.ne.gov/city/mayor/cic/5citytv/> or on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>. 



*Dr. Hoang-Oanh Le,
periodontist*



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AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 O St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938
<http://aging.lincoln.ne.gov>

Key for Services: ▲ = Lancaster only

MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

Being Well

NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938.

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting, and broken light fixtures and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
- **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit <http://www.seniorsfoundation.org>.

Staying Involved

VOLUNTEER!

- **Foster Grandparent Program**
▲ 402-441-7026
- **Long-Term Care Ombudsman**
402-441-7070

SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and five in Lancaster County.
▲ 402-441-7158

Other Services

INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.
Call 402-441-7070 or 800-247-0938.

TRANSPORTATION

- **Ride within Lincoln to the Centers**
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
▲ 402-441-7031
- **Other options in the community** -
Listings available at 402-441-7070

LIVING WELL MAGAZINE

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call Zoe Olson at 402-441-6156 or email zolson@lincoln.ne.gov. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at <http://lincoln.ne.gov/>. View on CITY-TV Channel 5 or online at: <http://lincoln.ne.gov/city/mayor/cic/5citytv/>

- Mondays, Wednesdays, Fridays and Saturdays at 11:30 a.m.
- Tuesdays & Thursdays at 11 a.m. & 8 p.m.
- Fridays at 7 p.m.
- Sundays at 9 p.m.

These are the minimum airing times. Show also airs at various other times and on Live & Learn's YouTube channel at <http://www.youtube.com/user/aginglivelearn?feature=mhee>.

MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**
Brenda Motis, 402-759-4922
- **Polk County Senior Services**
Jan Noyd, 402-764-8227
- **Saline County Aging Services**
Amy Hansen, 402-821-3330

- **Seward County Aging Services**
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**
Lori Byers, 402-362-7626

CARE MANAGEMENT

All Counties: 800-247-0938
Care Management Coordinator
Joyce Kubicek

- **Butler County**
Becky Romshek, 402-367-4537
- **Fillmore County**
Rhonda Stokebrand, 402-759-4922
- **Polk County**
Amy Theis, 402-747-5731
- **Saline County**
Trudy Kubicek, 402-826-2463
- **Saunders County**
Mary Dailey, 800-247-0938
- **Seward County: 800-247-0938**
- **York County, Jerri Merklinger**
402-362-7626

SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

- 402-441-7070 or 800-247-0938

402-441-7070

In Nebraska **800-247-0938**

<http://aging.lincoln.ne.gov>



COAHP Sponsors 2nd Annual Fan Drive for Aging Partners

Even though spring has just begun, summer isn't far behind bringing anticipated high heat and humidity. Once again, Lincoln residents are invited to help older adults cool down by donating fans on May 22 during "Be a Fan of Seniors."

The Coalition for Older Adult Health Promotions (COAHP) is hosting the event from 4 to 6 p.m. at the Lincoln Neighborhood Pharmacy, 6811 O Street.

Last year, the event brought in more than 70 fans and \$110 in cash donations to help local older adults get some relief from the heat. This year, COAHP treasurer Cindy Pelan is co-chairing the event with COAHP member Robbie Nathan.

"Last year's event was a nice way for different health care representatives in the community to pull together for the older adult population, which is what COAHP is all about," Pelan said.

COAHP delivered the fans to Aging Partners, which distributed them to older adults in Lincoln and the surrounding area.




Aging Partners welcomes fan donations during last year's "Be a Fan of Seniors." Photo by Zoe Olson.

Often, many older adults go through the hot summer months without the benefit of air conditioning or fans. It is important to recognize that people age 65 and older are more susceptible to heat stress, as their bodies do not adjust as easily to sudden changes in temperature. They are also more likely to have a chronic medical condition that may be exacerbated by higher temperatures and humidity.

"This year, COAHP is hoping for a bigger and better turnout so we can help even more older adults beat the heat," said Nathan.



Al Neemann of Aging Partners donates a fan received last year by Cindy Pelan, event organizer from Gentiva. Photo by Zoe Olson.

COAHP is a nonprofit organization comprised of local businesses working together to educate and identify the needs of older adults in southeast Nebraska. 

Important Social Security Change

This February, the Social Security Administration field offices began phasing out Social Security number printouts and providing benefit verification information.

The change comes as a result of juggling increasing demand with a tighter budget, which was cut by more than \$1 billion the past three years.


By eliminating the printout—which can be easily duplicated, misused, shared illegally or counter-

fitted—SSA is preventing fraud. Organizations that require SSN verification, including employers and DMVs, can use online government services such as E-Verify and Business Services Online to obtain the information in real time or overnight.

Beneficiaries and recipients who need a benefit verification letter should register for a Social Security account at <http://www.socialsecurity.gov/myaccount>, or

via mail within five to seven days by calling 800-772-1213.

To ensure a smooth transition through this change, the field offices will continue providing printout and benefit verification information if requested through April 2014.

For questions about this change, visit <http://www.socialsecurity.gov> or call the Lincoln Social Security office at 866-593-2880. 

Aging Partners News and Events

Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print the whole magazine or just the pages that interest you. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Wellness

Aging Partners Health & Fitness Center

Monday through Friday
8 a.m. - 4 p.m.
233 S. 10th St., Suite 101
402-441-7575

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 monthly suggested contribution for 60+. \$15 fee for under age 60.

All ages are welcome. Working people can stop by on their break to check it out. Cardio equipment, a universal weight machine, free weights, balance and other exercise aids are available at the center.

Senior Health Promotion Center

1005 O St., lower level

Services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol,

Sahara bone density checks and health education.

\$10 suggested contribution for foot care and \$5 other services for people 60+.

- Wednesdays, 10:30 a.m. - 1:30 p.m.
April 2, 9 and 16
- Thursdays, 9:30 a.m. - 1:30 p.m.
April 3, 10 and 17

Summer Schedule –

Comprehensive foot care only

- Thursdays, 9:30 a.m. - 1:30 p.m.
May 8 and 15
- Thursdays, 9:30 a.m. - 1:30 p.m.
June 12 and 26

Yoga and Stress Management

Wednesdays, 10 - 11 a.m.

233 S. 10th St., Suite 101

This class is designed for caregivers and others looking for ways to manage stress. Standing and balance poses use chairs for support and balance. This class is suitable for beginners and experienced students wishing to reinforce the basics.

\$3 suggested contribution for people 60+. \$4 fee per class for under age 60.

West A Neighborhood Health Fair

Sun., April 13, 2 - 4 p.m.

Roper Elementary School
2323 Coddington Ave.

This health fair will provide community education, build partnerships and enlarge the network of available resources to the residents of this neighborhood. The health fair will include education on health and dental care, healthy food choices, physical exercise, growing your own food and much more. Come out and visit the Aging Partners booth.

Contemporary Yoga Eight-week Session

Auld Recreation Center
3140 Sumner St.

This renewing practice uses body postures, breath and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits. Pre-registration is required.

\$3 suggested contribution for people 60+. \$4 fee per class for under age 60.

- Tuesdays, 11 a.m. - noon
April 1 - May 20
- Fridays, 11 a.m. - noon
April 4 - May 23

Qigong

Seven-week Session

Qigong translates simply as energy (qi) and practice (gong). It is similar to tai chi, combining posture, meditation and breathing techniques that benefit the body and relax the mind. Pre-registration is required.

\$3 suggested contribution for people 60+. \$4 fee per class for under age 60.

- Mondays, 1:30 - 2:30 p.m.
April 7 - May 19
Auld Recreation Center
3140 Sumner St.

Traditional Tai Chi-24 Form Eight-week Session

Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction. Pre-registration is required.

Continued on page 40

Aging Partners News and Events

Continued from page 39

\$3 suggested contribution for people 60+. \$4 fee per class for under age 60.

- Fridays, 9 - 10 a.m.
April 4 - May 23
Auld Recreation Center
3140 Sumner St.

Advanced Tai Chi-24 Form

Pre-registration is required.

\$2 suggested contribution for people 60+. \$4 fee per class for under age 60.

- Fridays, 10:15 - 10:45 a.m.
April 4 - May 23
Auld Recreation Center
3140 Sumner St.

Old Dogs, New Tricks

Wed., May 7, 9:30 a.m.
Carol Yoakum Resource Center
4621 NW 48th St.

This free, lighthearted, interactive program helps dispel some of the myths that go along with aging as it encourages participants to build on their own personal talents and strengths.

Free Mental Aerobics Class

Wed., June 4, 10:30 a.m.
Carol Yoakum Resource Center
4621 NW 48th St.

Forgetting is not "just a normal part of the aging process." Mental capacity can be expanded and improved upon at any age with the right tools. Boosting brain power is simple, fun and stimulating!

Life With Arthur – He's Moved in and Won't Go Away!

46 million adults and children in the U.S. are currently living with arthritis. There are many ways to improve our relationship with "Arthur" that don't involve taking more medications. Alternative approaches may offer relief to those

wanting to become proactive with their health. This program will be presented at each of the Legacy locations:

- Legacy Terrace
5700 Fremont St.
Thurs., May 1, 1:30 p.m.
- Legacy Estates
7200 Van Dorn St.
Thurs., May 15, 1:30 p.m.
- Legacy
5600 Pioneers Blvd.
Thurs., May 22, 1:30 p.m.

Stepping On – Building Confidence and Reducing Falls

Mondays, 9:30 - 11:30 a.m.
June 2 - July 14
Health & Fitness Center
233 S. 10th St., Suite 101

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Classes meet for two hours one time per week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises, along with the roles vision, medication, safe walking outside and footwear plays in fall prevention.

Pre-registration is required.
\$3 suggested contribution for people 60+. \$4 fee per class for those under age 60. Additional classes are now forming. Call for more information. This program is funded in part by the Community Health Endowment of Lincoln.

Educational

Women of Distinction Spring Brunch Series

Downtown Senior Center 1005 O St.
10 a.m.
\$4 suggested brunch contribution for 60+

\$4 suggested van transportation contribution
\$8 fee for under age 60

Three local women of distinction will share their life passions with us on selected Saturday mornings. This special series includes an artist, actor and former politician. Brunch will be served. Call 402-441-7154 today for your reservations.

- Judith Hart, Angels Theater Company
Sat., April 12
Hart is the founder and executive director of the Angels Theater Company and is the co-founder and co-director of Camp Summergold, an arts-based summer camp for girls ages 13-17.
- Julia Noyes, Painter
Sat., May 10
An artist and educator, Noyes has been the owner and operator of Noyes Gallery in Lincoln nearly 25 years. Her work has been featured in various collections, locally, regionally and nationally. For this series, she will share how artistic expression can relieve the symptoms of mental illness.
- Coleen Seng, former Lincoln Mayor
Sat., June 14
During the 50 years Seng has served the Lincoln community, the focus of her involvement and leadership has been enabling individuals to influence decisions affecting their own lives, while also living, working and raising a family. After 20 years as a Lincoln City Council member and mayor, Seng returned to her previous role as director of Community Ministries at



First United Methodist Church, working to bring church and community together to improve quality of life.

Bob Ross Oil Painting Classes

Paint alongside certified instructors in these one-day classes. Students will enjoy fun and get surefire results. All material is provided.

- “Three Roses” - Roses and Daisies with Linda Gale
Sat., April 19, 10 a.m. - noon
Northeast Center, 6310 Platte Ave.
Cost: \$40
Call 402-441-7151 to register.
- “Golden Glow” - A snow-capped cabin in a quiet meadow with Linda Gale
Sat. May 17, 10 a.m. - noon
Northeast Center, 6310 Platte Ave.
Cost: \$40
Call 402-441-7151 to register.
- “New Day’s Dawn” - A rustic cabin in a green meadow with Donald R. Belik
Sat., June 28, 9:30 a.m. - 3:30 p.m.
Lake Street Center, 2400 S. 11 St.
Cost: \$50
Call 402-441-7158 to register.

AARP Safe Driver Class

Northeast Center, 6310 Platte Ave.
Apr. 22, May 20, Noon - 4 p.m.

Cars have changed, and so have the traffic rules, driving conditions and roads we drive on every day. This program is the nation’s largest classroom course designed for drivers’ age 50+. No tests required. AARP Members \$15, Non-Members \$20.

To enroll, call 402-441-7151.

Lincoln History Lunch Series

Featuring Jim McKee and Ed Zimmer
Gere Branch Library, 2400 S. 56th St.

Noon

Box Lunch

\$4 suggested contribution for 60+

\$8 fee for under age 60

\$4 suggested transportation contribution for 60+

For so many of us who have called Lincoln home, the changes in our little town sometimes seem to come fast and furious. Thankfully, Ed Zimmer and Jim McKee have spent years collecting photos, articles and personal accounts that ensure our ability to look back at the years of our lives with warmth and wonder. Join us for a box lunch and fascinating historical program by two of Lincoln’s favorites. For reservations, call 402-441-7158.

- April 16: “A Brief Architectural History of the Lincoln Public Schools” with Ed Zimmer
- May 21: “Dining Out In Lincoln” with Jim McKee
- June 18: “Lincoln’s Evolving Haymarket” with Ed Zimmer
- July 16: “The Amazing Library of Thomas Jefferson Fitzpatrick” with Jim McKee
- Aug. 20: “A History of Lincoln’s Parking Lots” with Jim McKee
- Sept. 17: “Lincoln Picturesque and Descriptive” with Ed Zimmer

Day Trip Tours

Join us for reasonably priced day trips featuring entertaining places and activities. A minimum of 20 riders is necessary to confirm these tours. Call 402-441-7158 for details and reservations.

- “Hastings Museum & IMAX Adventure!”
Tues., April 22
Departure: Northeast Center, 9 a.m.
Return: Approximately 6 p.m.
Cost: \$45
Reservations and payment by Tues., April 15.
The day begins with lunch (on your own) at the Hastings Senior Center. Next, it’s on to the Hastings Museum and IMAX Theatre, where we’ll experience “Jerusalem,” a brilliant and beautifully filmed travelogue/documentary that takes us to one of the oldest and most enigmatic cities in the world. Before and after the film, you’ll have plenty of time to experience the exhibits featured throughout the museum. Seating is limited, so sign up early.
- “The Let’s Talk FISH Tour!”
Gretna Ak-Sar-Ben Aquarium, Joe Tess Place and the Holy Family Shrine
Tues., June 3
Departure: Northeast Center, 9 a.m.
Return: Approximately 4 p.m.
Cost: \$35
Reservations and payment by Tues., May 27.
The day begins with a visit to the Gretna Ak-Sar-Ben Aquarium. The next stop is lunch (on your own) at Joe Tess Place, a local favorite since the ’30s, featuring the famous fish sandwich that started it all. After lunch, we’ll take time on the way home to tour and explore the continually growing Holy Family Shrine. Seating is limited, so sign up early.

Continued on page 42

Aging Partners News and Events

Continued from page 41

Entertainment

Dinner & A Show

Cotner Center Condominiums
1540 N. Cotner Blvd.

Dinner: 5:30 p.m., Show: 6:30 p.m.

Van transportation: \$4 round-trip

Dinner & Show: \$8

Show-only ticket: \$5

Pre-registration is required. Call
402-441-7158.

Reservations, payments and cancellations are due by noon on the Tuesday before the show. No refunds. Send payment to: Aging Partners, Attn: Dinner & A Show, 1005 O St., Lincoln, NE 68508-3628. Sponsored by Butherus, Maser & Love Funeral Home, in cooperation with Cotner Center Condominiums.

- “A Double Dose of Country” featuring Terry Smith
April 10

Smith was voted by the Traditional Music Association as its Songwriter of the Year in both 1995 and 1996. He wrote “Far-Side Banks of Jordan,” “I Can’t Find a Train,” and “Ten Seconds in the Saddle.” Smith comes to us from Nashville. Get ready for a double dose of country.

- “The Music of JaRaNa,” featuring Daniel Martinez, Oscar Rios and Jami Fristo
May 8

In Spanish, the word jarana is translated as a racket or a noisy neighborhood party. In Mexico, it’s the name of a time-honored, multi-stringed folk instrument. For accomplished musicians Martinez and Rios, it’s the name of their band, which features a blend of Flamenco guitar and stirring musical traditions of the Peruvian Andes.

- “My Dog Has Fleas,” featuring “The Lincoln Ukulele Group”
June 12

Affectionately known as “The L.U.G. Nuts,” this little band has turned their love of this sweet little Hawaiian music box into an evening of joyful merriment. Join us for some unexpected musical choices and lots of laughs.

- “Homegrown Bluegrass,” featuring “The Toasted Ponies”
July 10

“The Toasted Ponies” combine the best of both traditional and contemporary bluegrass music. Look for great harmony singing and hot instrumentals in a typical Ponies performance. A Ponies concert will include everyone’s Bluegrass favorites along with a fun mix of Cajun, Western Swing, Gospel and Celtic tunes just to keep things interesting.

- “Playing Favorites,” featuring “The Links”
Aug. 14

For years “The Links” were based out of Reno, Nev., and performed in Reno, Lake Tahoe and Las Vegas, at the MGM Grand and Harrah’s Casino. Join us as they perform a variety of their favorite songs from their 39 years together.

- “Old Songs Are Like Old Friends,” featuring “The Mellow D’s”
Sept. 11

Larry and Karen Doran make up this award-winning musical duo. They are members of “America’s Old Time Music Hall of Fame,” and have appeared frequently on the nationally televised “Midwest Country” and KOLN-TV’s “Lance’s Journal.” The duo specialize in the music of the ’50s and ’60s with an emphasis on classic country,

golden-oldies rock ’n’ roll and celebration gospel.

Saturday BINGO

Northeast Senior Center,
6310 Platte Ave.

Apr. 19, May 17, June 21, July 19,
Aug. 16, Sept. 20, Oct. 18.

Doors open at 9 a.m.

Join us for BINGO at 10 a.m., followed by a hot lunch at 11:30 a.m. Bring a prize for the winners’ table. Reservations required by 3 p.m. the Wednesday before the event. \$4 suggested contribution for people 60+. \$8 for people under age 60. For details or reservations, call 402-441-7151.

“Age of Champions” - free show featuring filmmaker Christopher Rufo

Wed., May 14, 1:30 p.m.

Marcus Edgewood Theatres
56th & Nebraska Highway 2

“Age of Champions” is an award-winning PBS documentary that the Washington Post called “infectiously inspiring.” The film has sparked a grassroots movement to discuss issues of aging, health and fitness. This uplifting story of five competitors who sprint, leap and swim for gold at the National Senior Olympics shows us that nothing is impossible. Christopher Rufo is the creative director of the Documentary Foundation and has directed two other films for PBS: “Roughing It: Mongolia” and “Diamond in the Dunes.” He will be on hand to talk about what motivated him to make the film and what was learned in the process. He also will update us on the current status of the “Age of Champions” characters. Seating is limited. Call 402-441-7158 by Wed., May 7 to reserve your seat. Sponsored by AARP Nebraska and Aging Partners.



Older Americans Month

Dine Out 4 Senior Centers

Fundraiser for Senior Centers

Wed., May 21

“Raise your forks and raise some funds.”

If you choose to dine out only one night during the month of May, make it May 21. That’s when various Lincoln restaurants will join Aging Partners Senior Centers in celebrating our 40th anniversary. On that day, those eateries will proudly donate a percentage of their sales in support of Lincoln/Lancaster senior centers. Just enjoy a meal at one of these fine dining establishments, make your order and tell your server “Thank you for supporting our senior centers.”

“Dance the Night Away II”

Fundraising Dance

Featuring the Leo Lonnie Orchestra
Co-sponsored with Homestead
Rehabilitation Center

Tues., May 27, 7 - 9 p.m.

Auld Pavilion, 1650 Memorial Drive

Dust off those dancing shoes, call your friends and join us for music and refreshments at one of our favorite dancing venues. This fundraising dance is co-sponsored with Gateway Senior Living. Come and celebrate Aging Partners Senior Centers’ 40th anniversary. It will be a great time and a great opportunity to support your Aging Partners senior centers with a donation of any amount (\$5 suggested contribution) collected at the door.

All-Center Picnic

Featuring the music of “Crabgrass”
Thurs., May 29, 10 a.m. - 1 p.m.

Antelope Park Picnic Grounds
(Rain location, Auld Pavilion)

\$4 suggested contribution for age 60+

\$4 suggested transportation

contribution for age 60+

\$8 fee for under age 60

A beautiful spring morning, grilled hot dogs with all the fixin’s, and live traditional country and bluegrass music provided by “Crabgrass.” It’s a combination you can’t turn down. This event is always a big hit, so don’t miss it. Sign up at your nearest Aging Partners senior center or call 402-441-7158. 

LivingWell ♦♦♦

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- Four print issues of *Living Well*, including online editions.
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